

Statistics Report 01102, Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Report Date: December 09, 2015 15:23 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	82.30	--	0.231	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	83	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	349	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	3.17	--	0.041	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	3.39	--	0.037	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	10.34	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Sugars, total	g	9.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Minerals													
Calcium, Ca	mg	112	--	3.987	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	13	--	0.622	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	101	--	5.381	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	167	--	7.479	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	60	--	5.193	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.41	--	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	1.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Fluoride, F ^{1.2}	µg	5.2	--	0.750	4.5	6	1.0	-4.279	14.779	2	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	17.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	98	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	1.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin D	IU	51	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	2.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.315	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.889	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.466	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.990	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.872	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan 3 4 5 6	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Threonine 3 4 5 6	g	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Isoleucine 3 4 5 6	g	0.164	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Leucine 3 4 5 6	g	0.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Lysine 3 4 5 6	g	0.265	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Methionine 3 4 5 6	g	0.083	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Cystine 3 4 5 6	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Phenylalanine 3 4 5 6	g	0.164	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Tyrosine 3 4 5 6	g	0.160	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Valine 3 4 5 6	g	0.208	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Arginine 3 4 5 6	g	0.091	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Histidine 3 4 5 6	g	0.096	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Alanine 3 4 5 6	g	0.107	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid 3 4 5 6	g	0.271	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Glutamic acid 3 4 5 6	g	0.712	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Glycine 3 4 5 6	g	0.063	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Proline 3 4 5 6	g	0.313	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Serine 3 4 5 6	g	0.191	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	01103	10/2013
Theobromine	mg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Flavonoids													
Proanthocyanidin													
Proanthocyanidin dimers 7	mg	2.2	--	--	2.15	2.21	--	--	--	--	--	--	--
Proanthocyanidin trimers 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

²A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD

⁷Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617